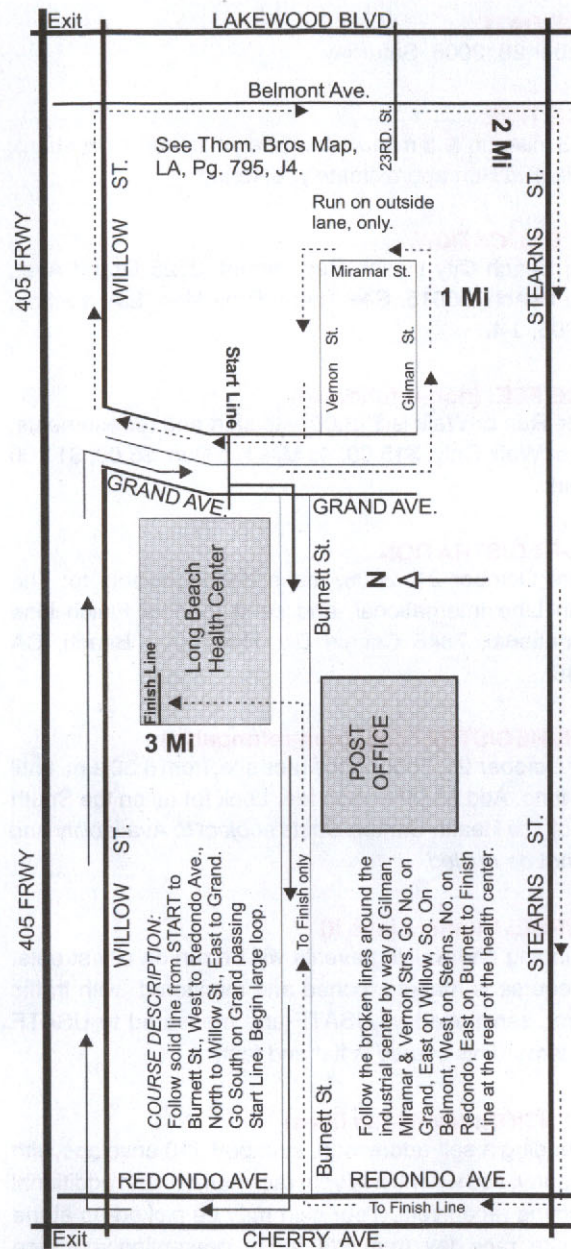


Gilbert & Mario.

No problem, Mom!



Race Directors:

The finishline
Running Specialists
international

Information: Oscar & Trina Rosales 714-841-5417
Web Site: <http://www.nealand.com/finishline>

18th Annual Dale Shimizu

"The best little race around"



memorial
sober, safe & healthy

3 Mile run / 3 Mile Walk
½ Mile Kid Run
and

Family Health Fair

SATURDAY,
OCTOBER 28, 2006

Sponsored by the City of Long Beach
Department of Health & Human
Services Rehabilitation Division.

SIGNED: _____ DATE _____
Parent or legal guardian must sign if participant is 17 yrs. or younger

SIGNED: _____ DATE _____

WALKER: In consideration of the acceptance of this entry in said 3 Mile Run and 3 Mile Walk, to be held October 28, 2006, in Long Beach, California, we, the undersigned participants and (if participant is under 18 years of age) parent or guardian, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release and forever discharge any and all rights or claims for damages which we or either of us, may have or which hereafter accrue to us, or either of us against any and all person, organizations and legal entities affiliated with such race and more particularly, the City of Long Beach and its City Council, the officials of The Finish Line International, together with their representative officers, agents, representatives, employees, successors, assigns and/or sponsors, for any and all damages which may be sustained or suffered by us in connection with or entry in, and/or enlisting out of our traveling to, participation in and returning from said race. We hereby agree to release to the race promoter full and exclusive rights to record my performance in said race on film, videotape or still photography for use without compensation. We understand that this is an arduous athletic event and hereby certify that I am properly conditioned to participate.

ADDRESS: _____ CITY _____ ZIP _____

NAME: _____ (Print or Type Clearly)

AGE _____ (On Race Day)

CIRCLE SHIRT SIZE: * MED. * LG. * EXL. PHONE # _____

CIRCLE THE RACE YOU ARE ENTERING: *3 MILE RUN *3 MILE WALK ½ Mi. Kid Run (12 & under)

MALE * FEMALE

LIABILITY WAIVER FOR THE DALE SHIMIZU MEMORIAL 3 MILE RUN & 3 MILE WALK ENTRY FORM: Make check payable to: The Finish Line International and mail to: The Finish Line International, 7846 Connie Dr., Huntington Beach, 92648

OKAY TO COPY CUT & RETURN ENTRY OKAY TO COPY

RACE DATE:

October 28, 2006, Saturday

RACE TIME:

The 3 mile run & 3 mile walk will begin at 8:00 a.m., sharp.
½ Mile Kid Run approximately, 8:45 am.

RACE LOCATION:

Long Beach City Health Department, 2525 Grand Ave., Long Beach, 90815. See Thom. Bros Map, L.A. section, pg. 795, J-4.

RACE FEE: (non-refundable)

3 Mile Run or Walk is \$18.00 with shirt and refreshments.
Run or Walk Only, \$15.00. ½ Mile Kid Run, \$5.00, \$11.00 w/shirt.

PRE-REGISTRATION:

Before October 21, 2006, make check payable to: The Finish Line International, and send to: The Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648.

LATE-REGISTRATION: (non-refundable)

After October 21, 2006, at the race site, from 6:30 a.m. until race time. Add \$3.00 to race fee. Look for us on the South side of the Health Center. *Shirts subject to Availability and can not be mailed.*

COURSE: (runners love it)

All running and walking events will be run on city streets. The course is marked, coned and monitored with traffic control, sanctioned by USATF and measured to USATF standards. This course is flat and fast.

ATTENTION: (avoid the lines)

By sending a self-addressed, stamped #10 envelope with your entry, you will receive your race number and additional upcoming race flyers. Your shirt may be picked-up at the race site, race day, from 6:30 am by presenting your race number to the shirt table. Easy!

AWARDS:

First through third place, 3 mile run, M & F. The 3 mile walk is an open division. Walk awards given to the top ten (10) overall walkers. Kid ½ Mile ribbons to all finishers. Awards can not be mailed.

DIVISIONS:

13-UNDER, 14-17, 18-23, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.
Walkers are an, OPEN DIVISION.

PARKING:

Enter Grand Ave. from Willow St. & park at the health center. Additional parking, at the Jewish Community Center, NW corner of Willow and Grand. Walk across the street.

FAMILY HEALTH FAIR:

Immediately after the Dale Shimizu Run, the Red Ribbon Awareness Week Health Fair with take place. There will be information booths, with giveaways, entertainment, and free food. Red Ribbon Week is celebrated annually as an awareness program to promote a drug free community.

DALE SHIMIZU: (December 31, 1949 - September 11, 1989)

Dale, after interning with the city during his college years, was hired full time to rehabilitation services in 1975. In May, 1989, he was appointed Director of Drug & Alcohol Rehabilitation Services. He worked closely with the LB Unified School district, juvenile court system and many community groups to implement activities to reduce drug use. This race is in memory of Dale; a wonderful person, missed by so many.

COURSE RECORDS

| 3 MILE MEN'S DIVISION | | 3 MILE WOMEN'S DIVISION | |
|-------------------------------|-------|------------------------------|-------|
| 13-un: David Maldondo, '04 | 18:47 | 13-un: Kayla Lewis, '02 | 20:30 |
| 14-17: Samuel Leon, '02 | 16:26 | 14-17: Evelyn Lopez, '02 | 20:23 |
| 18-23: Shawn Dinces, '01 | 15:26 | 18-23: Natalie Perkins, '03 | 18:46 |
| 24-29: Doug Andrews, '01 | 16:38 | 24-29: Maria Jaramillo*, '01 | 18:02 |
| 30-34: Gilbert Salazar*, '04 | 15:16 | 30-34: Becki Cadler '03 | 20:37 |
| 35-39: Vidal Estrada, '04 | 15:37 | 35-39: Kathleen Evans, '03 | 20:26 |
| 40-44: Jose Garcia, '04 | 16:08 | 40-44: Kathleen Evans, '05 | 19:18 |
| 45-49: Jeff Snyder, '02 | 16:49 | 45-49: Tracey Cox, '03 | 22:05 |
| 50-54: Elias Garcia, '01 | 17:47 | 50-54: Patricia Shapiro, '01 | 19:28 |
| 55-59: Catarino Gonzalez, '01 | 16:39 | 55-59: Yoko Eichel, '05 | 21:22 |
| 60-64: Catarino Gonzalez, '02 | 16:57 | 60-64: Hope Carreon, '02 | 28:38 |
| 65-69: Tom Pontac, '01 | 22:25 | 65-69: Nancy Machotra, '02 | 35:35 |
| 70-74: Aurelio Camacho, '01 | 20:30 | 70-74: | |
| 75-79: Milo Sather, '02 | 24:40 | 75-79: Sumi Onoder, '05 | 35:13 |
| 80+ : Roy Murano, '05 | 33:49 | 80+ : | |

| 3 MILE WALK DIVISION, MEN | | 3 MILE WALK DIVISION, WOMEN | |
|---------------------------|-------|-----------------------------|-------|
| Ted Greiner, '01 | 31:06 | Florence Braun, '02 | 29:09 |

| 3 MILE WALK DIVISION: Top 10 Overall, 2005 | | | |
|--|-------|----------------------|--|
| 1. Carol Bertino | 30:27 | 6. Corinne Schneider | |
| 2. Michael Blakeman | 34:42 | 7. Mechelle Ngini | |
| 3. Lucia Pangan | | 8. Monica Lee | |
| 4. Marilyn Johnson | | 9. Jerry Saulvester | |
| 5. Charles Johnson | | 10. Jonathan Widjaja | |

Sponsored by the City of Long Beach Department of Health & Human Services Rehabilitation Division. Services are partially funded under the County of Los Angeles, Alcohol and Drug Program Administration.

| 3 Mile Run | | 3 Mile Walk | |
|------------------|---|------------------|---|
| Div. male female | | Div. male female | |
| 13-U | * | 13-U | * |
| 14-17 | * | 14-17 | * |
| 18-23 | * | 18-23 | * |
| 24-29 | * | 24-29 | * |
| 30-34 | * | 30-34 | * |
| 35-39 | * | 35-39 | * |
| 40-44 | * | 40-44 | * |
| 45-49 | * | 45-49 | * |
| 50-54 | * | 50-54 | * |
| 55-59 | * | 55-59 | * |
| 60-64 | * | 60-64 | * |
| 65-69 | * | 65-69 | * |
| 70-74 | * | 70-74 | * |
| 75-79 | * | 75-79 | * |
| 80+ | * | 80+ | * |

RUNNING DIVISIONS ONLY
Circle Race... Check Division

Walk Awards to the TOP 10 Overall Walkers to cross the Finish Line.